



Sports Chaplaincy UK presents a one day conference

SPORT PSYCHOLOGY, CHAPLAINCY & FAITH WORKING TOGETHER FOR WELL-BEING & PERFORMANCE

Hosted by:



**Thursday
20th April 2017**

**St Mary's University,
Twickenham, London**

**Cost
£25**





INTRODUCTION

Sport Psychology, Chaplaincy & Faith: Working Together for Well-being & Performance
Thursday 20th April, 2017

Shannon Conference Suite; St. Mary's University, Strawberry Hill, Twickenham.

There is growing literature examining links between spirituality and sport psychology and there are now a growing number of Latin American, European, African and British athletes where faith is central in their culture and lives. There is a need for sport psychologists to better understand the relevance of faith to fully serve the needs of these athletes.

Chaplaincy in sport has significantly increased over the last 10 years, mainly under the auspices of Sports Chaplaincy UK, which this year is celebrating its 25th anniversary. Sports chaplains offer pastoral and spiritual support to all at a club, and there is clear overlap with sport psychologists in both the role and skillsets.

With sport becoming increasingly commercialised and highly pressured, many more incidences of pastoral needs including mental health problems, addictive behaviour and relationship breakdowns are occurring. The faith of the individual is often significant in addressing these needs. Several examples now exist where a closer working relationship between chaplain and psychologist has enhanced support for the psychological and emotional wellbeing of players.

This day is designed to raise greater awareness amongst both groups and to forge closer working relationships and alliances to the benefit of all involved in sport.

PROGRAMME FOR DAY

9.00	Registration	
9.45	Welcome Introduction	Vladimir Felzmann; JP2F4S & St. Mary's University Warren Evans, SCUK
10.00	Matt Baker: Linvoy Primus:	The prevalence of faith in football A player's perspective on the influence of faith on well-being and performance
11.15	Break/refreshments	
11.45	Mark Nesti:	Sport Psychology in the English Premier League: Encounters with Faith.
12.30	Lunch (provided)	
1.30	Brian Hemmings & David Chawner:	The Sport Psychologist and Chaplain: Reflections on four years of collaboration in professional cricket
2.15	Mustafa Sarkar:	Ethical considerations when working with religious and spiritual athletes
3.00	Break/refreshments	
3.20	Emma Huntley & Nichola Kentzer:	Working with athletes of faith: the importance of reflective practice
4.00	Plenary Session – Questions	
4.30 pm	Depart	



CONFERENCE SPEAKERS



Warren Evans is CEO of Sports Chaplaincy UK with oversight for Sports Chaplaincy England, Sports Chaplaincy Scotland, Sports Chaplaincy Wales and Sports Chaplaincy Ireland. He is the former chaplain of the Bradford Bulls Rugby League club and former Pastoral Director responsible for the development of chaplaincy within Rugby League, he has a Masters in Sports Chaplaincy



Matt Baker is Pastoral Support Director in English Football for Sports Chaplaincy UK a role he commenced in 2009. In this capacity, with the support of the Premier League, English Football League & PFA, he oversees, trains and supports chaplains working in football offering pastoral and spiritual care throughout the industry. He also continues to be chaplain to Charlton Athletic FC where he has been since 2000. Initially trained as a solicitor Matt went on the study for a Masters in Theology at Spurgeon's College before pastoring a local church for 16 years.

The prevalence of faith in football

In recent years there has been a significant increase in the number of professional footballers professing and practising a faith. This paper will consider the upsurge in faith interest, how football has started to address this, examples of best practice and the role the sports chaplain can play in advising clubs and supporting those of faith.



Linvoy Primus spent twenty years playing professional football, finishing in the Premier League with Portsmouth FC. During his time at Portsmouth, Linvoy discovered Jesus Christ as his Lord and Saviour. Linvoy is the joint founder of Faith and Football, he works for Christians in Sport and is a trustee for Sports Chaplaincy UK.

A player's perspective on the influence of faith on well-being and performance

Linvoy will share how his faith in Christ allowed him to play with a freedom and consistency he had never achieved before. His performance levels improved as he realised who he was playing for. This was the moment when he just let go.



Dr. Mark Nesti has worked in Premier League football with players and staff at Everton, Chelsea and a number of other clubs, and was formerly first team counselling sport psychologist at Bolton Wanderers 2003-2007, Newcastle United 2007-08, and Hull City 2008-09. Mark was based at these clubs 4-5 days each week. His most recent books focus on delivering applied psychology in English Premiership football (2010), theology, ethics and transcendence in sport (2011), and on elite European football youth academies (2015). Mark was Executive Director of the Centre for the Study of Sport and Spirituality at York St. John University, and is research lead at the John Paul II Foundation for Sport. A BPS Chartered Psychologist and Reader in Sport Psychology at Liverpool John Moores University, Mark has been a BASES accredited sport psychologist since 1990 and has worked with a range of sports from club to Olympic standard.

Sport Psychology in the English Premier League: Encounters with Faith

Mark will draw upon over 20 years work delivering one to one sport psychology support to first team footballers in the English Premier league. Many of the players he has worked alongside possessed a strong religious faith, one that is central to their identity, and how they survived and thrived in the very challenging environment of elite professional football. He will discuss how this has impacted on his approach to sport psychology, the importance of collaboration with club chaplains, and how his own Catholic faith and openness to various perspectives in personalistic psychology informs his practice.



Dr. Brian Hemmings has 25 years of experience in sport psychology consultancy. Working full-time in private practice since 2006, he is also currently a Research Fellow at St. Mary's University, London. Primarily working in professional and elite amateur golf, he also has a wealth of experience in professional cricket, motorsport and boxing. Author of three books on performance psychology, Brian has also presented extensively to international audiences. Married to Kim with three daughters, Brian has an active Christian faith, enjoys Quentin Tarantino films, and is a lifelong Chelsea supporter.



David Chawner started his working life as a veterinary surgeon and then in 1981 became a Baptist minister, pastoring a church in West London for 25 years. In 2001 he became chaplain at London Wasps and served them until his retirement in 2011. From 2007 to 2011 he had a full time role with Sports Chaplaincy UK developing chaplaincy in Rugby Union across the UK & Ireland. He has also managed chaplaincy programmes at several international Rugby Union tournaments including the 2011 Rugby World Cup in New Zealand. On retirement in 2011 David moved to Northampton where in 2012 he became chaplain to Northants County Cricket Club. Married with two adult children, David is also currently Chair of Sports Chaplaincy UK.

The Sport Psychologist and Chaplain: Reflections on four years of collaboration in professional cricket

This session aims to explore the potential synergy between sport psychologists and chaplains through reflections on four years of working together in professional cricket. Areas of reflection will include the rapport building phase, maintaining communication, developing trust, the nature of distinct and overlapping roles, and player and coach engagement and feedback. The session will also suggest best practice guidelines for building and maintaining closer working relationships with chaplains to provide another resource for player and coach support.



CONFERENCE SPEAKERS



Dr Mustafa Sarkar is a Senior Lecturer in Sport and Exercise Psychology at Nottingham Trent University. His teaching, research, and consultancy focuses on the psychology of sporting excellence and its application to other high performance domains (e.g., business). His work addresses how high achievers thrive on pressure and deliver sustained success.

Ethical considerations when working with religious and spiritual athletes

Using the RRICC model (Plante, 2007) as a framework, this presentation will highlight ethical issues when working with religious and spiritual athletes. The RRICC model addresses the ethical principles of respect, responsibility, integrity, competence, and concern. It is hoped that a discussion of these guidelines will help sport psychologists and chaplains better navigate the often challenging landscape of working with athletes whose everyday lives and identities are grounded in religious and spiritual association.



Nichola Kentzer is a Senior Lecturer in Sport Psychology and Coaching at The University of Northampton and an Associate Lecturer at The Open University. She is a BASES accredited Sport and Exercise Scientist and a HCPC Registered Practitioner Psychologist. Her research interests include reflective practice, mentoring and the development of professional practice during training and post qualification. Nichola has worked in a range of sporting environments but most recently her work has been focused in equestrian sports, both at grassroots and at elite level.



Emma Huntley is a Senior Lecturer in Sport and Exercise Psychology at Edge Hill University. She is a BASES Accredited Sport and Exercise Scientist. Emma's research interests include reflective practice and practitioner and professional development. She has a range of applied support experience, including work within elite disability sport.

Working with athletes of faith: the importance of reflective practice

Reflective practice (RP), defined as a facilitative process that enables practitioners to learn from experiences and improve practice, is a fundamental aspect of professional development for those involved in sport. The aim of session is to discuss how RP could benefit the practices of sport psychologists and chaplains.

BOOKING DETAILS

Sport Psychology, Chaplaincy and Faith: Working Together for Well-being and Performance

Thursday 20th April, 2017

9.45 – 4.30 pm

Registration from 9am

Shannon Conference Suite,
St. Mary's University, Waldegrave Road, Strawberry Hill, Twickenham,
London TW1 4SX

www.stmarys.ac.uk/conferences/conferences-and-meetings/

fee: £25.00. Fee includes lunch and refreshments.

Booking Forms & Payment Methods:

If not sent with this pdf, a booking form with payment information can be obtained from admin@sportschaplaincy.org.uk

For further information:

Call - 07879 820601

Email - admin@sportschaplaincy.org.uk

